



Cross Country
Ski Ontario

XCSO/LPN Para-Nordic Training Camp Schedule
Meet at Kivi Park arena building
Oct. 26 to 28/18

Friday Oct. 26th	Workout Standing	Workout Sitting	Objective of the workout
12:00	Meet and greet	Meet and greet	Introductions/logistics/ goals and objectives for the camp
12:30	Warm-up and run 1km trail	Roller ski warm up	To be prepared for the workout take athletes through a warm-up and cool down after their 1km
	1km run test	Ski erg Test	Athletes can walk 1km to develop a base
	Cool Down		
	Stretch and discussion		Discussion on how Test run / ski erg went
3:00-5:00	Injury prevention session		
	Supper		
6:00	Go to accommodations		
Sat. 27th	Workout		Objective of the workout
9:00	Meet OPP road		Need to make sure all roller ski equipment, helmets are brought to location
9:15	Newer athletes technique session OPP road		Discuss difference between rushing and control/power (need a game to get this across)
9:30	racers warmup and Sprints 200 meter sprints* 7 with 4 min recovery	same	Need to record times and if possible video
10:45 to 11:30	Return to Kivi Park for lunch and recovery		
12:00	Lunch		Lunch provided/video?
12:30	Why being fit is good discussion- how to conserve energy.		
			Bring water and hydrate
1:30	Ski erg testing athletes continue / work on		Once ski erg test



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	conservation of energy during movement		
4:00	Free time to work with coaches on technique		
5:00	Supper		To be provided
	Discuss Ontario Winter Games		
6:30	go to billets or accommodation		
Sun 28th	Workout		Objective
			Bring all your belongings to this workout, can leave right after
9:00	Location to be announced.		To understand pacing and distance workouts
9:15-12:30	Warm-up and distance OPNST 2 to 3 hrs Development 1.5 to 2 hrs		Work on technique in Z1 Athletes need to talk to coaches and volunteers how they are feeling before heading off.
1:00	Wind up / lunch		